


# North Laurel Senior Center Plus August, 2015



9411 Whiskey Bottom Road  
 Laurel, MD 20723  
 410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm  
 Nancy Riley, Director; [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Jeopardy 12:00 Lunch 12:45 Good Old Days <b>3</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Exercise w/Liz <b>4</b>	9:30 Coffee Talk 10:00 Birthday Recognition 12:00 Lunch 12:45 Tai Chi w/Dave <b>5</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-long w/Kay 12:00 Lunch 12:45 Exercise w/Liz <b>6</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Charlie E. 12:00 Lunch 12:45 Bingo <b>7</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days <b>10</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Craft 12:00 Lunch 12:45 Exercise w/Liz <b>11</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Graceland 12:00 Lunch 12:45 Tai Chi w/Dave <b>12</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cards & Games 12:00 Lunch 12:45 Exercise w/Liz <b>13</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Exercise 12:00 Lunch 12:45 Bingo <b>14</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Travel to London w/Sean 12:00 Lunch 12:45 Good Old Days <b>17</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Movie & Popcorn 12:00 Lunch 12:45 Exercise w/Liz <b>18</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Summer Serenade 12:00 Lunch 12:45 Tai Chi w/Dave <b>19</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Craft 12:00 Lunch 12:4 Exercise w/Liz <b>20</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Charlie E. 12:00 Lunch 12:45 Bingo <b>21</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b> <b>24</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise <b>25</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Popcorn & Movie 12:00 Lunch 12:45 Tai Chi w/Dave <b>26</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music Trivia 12:00 Lunch 12:45 Exercise <b>27</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Good Old Days 12:00 Lunch 12:45 Bingo <b>28</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days <b>31</b>				

# August Calendar Notes and News

## Community Happenings

### *Senior Day at the Howard County Fair*

Date: Tuesday, August 11, 2015

Cost: Free All Day Admission for Adults 62 and older

Where: 2210 Fairgrounds Road, West Friendship, MD 21794

Time: 10 AM to 3 PM

Head to the 4H Activities Building for information, exhibits, and entertainment.

## Important Dates and Reminders

*Happy Birthday Hilda "Tootsie", Maria, and Grace.*

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

## Resource and Referral Information

***Maryland Access Point, (MAP):*** Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

***RTA Paratransit Services:*** 1-800-270-9553, Press 3 and follow prompts.

## Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations..

**If you need this publication in an alternate format, call 410-313-7218.**